

生命的感悟

從香港帶回一本由瑪麗醫院策劃出版的書，名為「心切治療—離去」，是一本屬生命教育類別的書，因弟弟和弟婦都是服務於瑪麗醫院，所以方便取得，而且是免費贈閱的。

這本書寫的是醫護人員的親身經歷，在他們的工作崗位或是個人面對生命與死亡的體驗，透過他們親口述說死亡的不同情況，透視生命的意義。正如書中所說：醫院是每天都有病人離世的地方，醫護人員每天與病人同行，甚至他們有能力將病人從死神中搶回來；但當死亡發生在他們自己親人身上時，死亡和生存對於他們又有何意義？親人的離世，為大多數人而言，是心裡永遠不會痊癒的傷口，每次想起或有人重提，總是帶著傷痛與遺憾！

看完這本書，心情很久也未能平復，讓我想起親人離世的情景。那一年我十八歲，中學還未畢業，而我父親因患鼻咽癌多年，最終不敵病魔撒手離世，遺下母親和我們十二個子女，是我人生中第一次嚐到親人離世的傷痛。當時年輕不懂事，只知傷心難過、又感徬徨和不知如何面對，愧疚沒有盡孝對父親噓寒問暖、沒有好好珍惜和患病的父親相處，更遺憾是他在臨終前，我們一家老少，包括當時仍然健在的爺爺和叔父、還有母親和我們眾子女都守候在病床前一整天，但當我們全家離開醫院回家後，才接獲通知他已經在半夜離開，我們卻未能跟他道別一聲，感到生命的無常與無奈。那一陣子情緒非常低落，幸好得到一位神長的開解和教導，讓我慢慢接受死亡，讓我明白與其難過和後悔，倒不如將父親生前的教導活在生活中，積極向上，接受天主的旨意，這個教導在我往後的人生路上極其受用！

再回看這數年間，分別失去八妹和九弟、也眼見着母親和幾位弟妹為抗癌而艱苦掙扎、也看著年老的婆婆因跌倒受傷而不能行走，臥病在床一年多後被天主接回，幸好我和Peter都能陪伴她走完最後的日子，更為她預備好臨終和殯葬的事宜。也使我想起曾在「從信仰看晚晴論壇」的節目中，陳志明副主教對「善終」一詞，解釋得非常透徹。我們一般誤以為，無病無痛在睡夢中去世為之「善終」，其實應該是我們預備好平安的心靈、對永恆的天鄉懷著盼望，這才是善終。我覺得生和死，我們不能看得透，到死亡距離很近的時候，我們會害怕或逃避；但越是逃避，它的威脅也越發增加，能坦然面對是需要勇氣和信靠。看到身邊好友的離去，我們除了傷心難過之外，對他們家人的哀傷都感到無從安慰，只覺得聖經說得對：生有時、死有時！希望他們能早日放下憂傷，面對新的每一天。生命是長或短無人能知，生命是一個旅程，在人生路上，主賜給我們有家人、有朋友、有歡樂、有哀傷、都是主賜的禮物，叫我們暫時擁有、懂得珍惜、懂得享受才不枉此生、才不白走一場！謹記着主的應許：主就是復活、就是生命，信從祂的，即使死了仍要活著，凡活著而信從的人，必永遠不死！亞孟！

Maria Leung (Faith Sharing Group Coordinator)

法國露德當義工

三年前，一個菲律賓教友告知，去法國露德當義工的事情，心中非常羨慕，希望有日也可去露德當義工，回報聖母常常為我代禱，使我們堪受基督的恩許。我們常常聽到露德聖母的名字，知道聖母在百多年前曾在露德顯現過，有很多人去浸泉水而獲得痊癒；就不知道可以去當義工！真是好消息。

今年終於有機會去了，經過申請，寄出所有露德方面提出的要求文件，包括一封所屬堂區的推薦信，護照影印本。

他們回寄給我一份接受申請證明書資料，告知我會住在那裡、吃住多少錢、做義工時應該穿什麼衣服及給我一個號碼，到時方便他們確認，可見他們非常有系統。義工們從世界不同地方來，每日都有好幾百義工在推車，每一架輪椅或三輪車都有一個義工負責。好些義工年紀還不少，他們面帶笑容，說話慈祥，充滿喜樂，讓人樂意接近。幾百架輪椅或三輪車一起起動，場面壯觀，令人感動。天父祢教導我們要愛。我從這些從未謀面的兄弟姊妹的行為中看見了愛，他們在世上幫助天主建立教會，有幸成為天父的兒女，內心充滿盼望，被愛擁抱，在世上有千萬個兄弟姊妹，我是多麼多麼幸福啊！

從Calgary 飛Frankfurt 再轉飛Toulouse，然後坐巴士去火車站，轉乘火車二個多小時，再坐十分鐘巴士才到達聞名已久的露德小鎮。一路上雖然言語不通，藉天父的恩寵，就是毫無困難便到達了。在雨中下車，滿街軍人樂隊在穿插，原來遇上每年一度三天的國際軍人朝聖日，全球軍人齊集露德朝拜天主，除了打仗，未見過這樣多軍人在一起。

剛剛取得房間，人還在酒店大堂，有個肥哥哥走過，問我報到未？告知他，我不知去那裡報到呢！雖然資料上有地圖，亦不知如何走去辦公室，因為舟車勞頓，而且天色已晚，還有十五分鐘，辦公室就要關門了。於是肥哥哥約我明早十時，帶我去辦公室報到，是天父派來照顧我的天使。啊！原來辦公室裡的義工都說法文，肥哥哥英語都了得，很快辦妥交房租、買餐券、填寫表格等等事項。我被分派去Notre Dame 四樓廚房幫

忙三餐洗碗工作。Notre Dame 大樓在那裡？不用怕，天使在我旁邊。主管安排明天早上八點開始工作。肥哥哥叫Johan Bergstrom Allen 是Service Sainte Bernadette English-language Formators，他從十六歲開始當義工，已超過二十年。很多人開始當義工都會一做就多年，做了五年，他們會有一個章，掛在胸前，我們一看就知道他(她)是超過五年的義工了。有此章買東西可享有九折優惠。不過我第一年也非常不錯，去浸聖水，可以不用排隊，方便浸完，我們快快再回去工作，意外驚喜喔！

每次當義工，最少七天，最長十四天。自付機票食宿。露德可提供多元化住宿，大房裡放四張或更多床，亦有單人或雙人房，十分便宜。吃方面也很不錯，一個全餐有前菜，主菜，甜品和生果才6.8歐元。

第二天一早起床，先跑去吃早餐，法式麵包，果醬、牛油，咖啡、奶茶任喝，噢！收費2.5歐元。超級平！

早上八時開工，準時去到，有另外三個義工已在，兩人說德文，他們從德國過來，只會一點英語，也是第一年義工，幸好有Camille Dose，她從



美國聖地牙哥來，是十年義工了，經驗豐富，和她一起工作，十分愉快，她教導我如何把碗碟杯快速處理，大約一小時多，就把工作做好，可以收工。Camille 帶路領我周圍認識環境。我帶去的「制服」不大適合(應要一件類似Labcoat的全身白裙才對)，她幫忙帶我去辦公大樓商借。周圍都是天使，感謝天主。

中午十二點的午餐也輕輕鬆鬆完成工作。一點三十分我們一起去吃午餐，原來Camille 和丈夫一起來的，兩夫婦一起來當義工，多麼難得，真有意義。晚餐六時三十分開始，也是大約一小時半就做完。工作完成後，可以吃我的晚餐了。工作之後，慢慢逐個地方細看，每個教堂坐下來祈禱、默想、低訴我的困難、細數天父所賜恩典、徘徊在天父的家，令我無限依戀。

每日都有很多人來朝聖，早上許多坐輪椅的公公婆婆無論去望彌撒或是去浸泉水，都有義工幫忙推車，傍晚的聖體巡行和晚上九時的聖母巡行，更是不能沒有他們。滂沱大雨義工依然工作，真了不起。有兩位老太太年過七十五歲，他們是從英國小鎮過來，路途也不直接。肯如此舟車勞頓，不辭勞苦，實在令我敬佩。

做到第五天，早上起來，頭和背部有點痛，必是

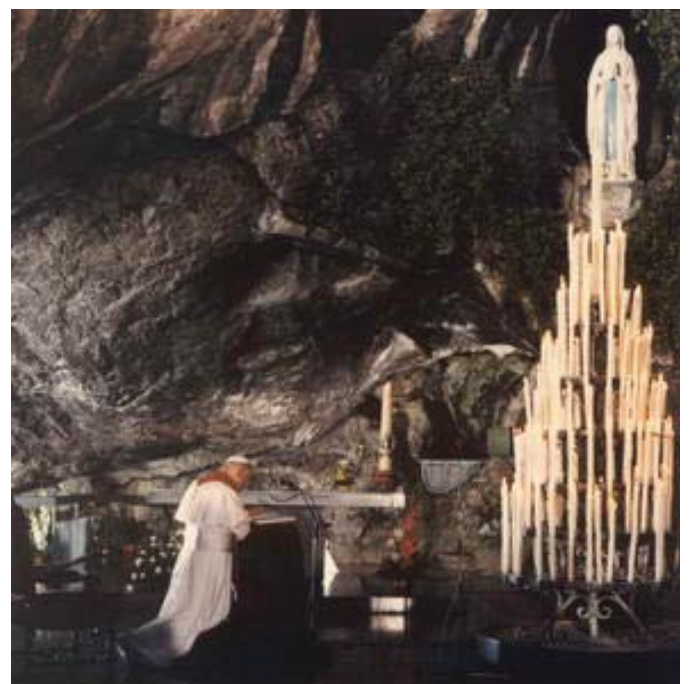
昨晚雨中巡行著涼了，撐著身體去開工，準備完成工作，回來再休息。誰知道洗碗完畢之後，主管遞給我一把大掃把，洗完碗再去掃地喔！我乖乖立刻變成灰姑娘。

義工工作也有多種選擇，如在浴室幫助朝聖者浸浴、在火車站和機場歡迎朝聖者、中心的病患者、聖器室、針線、刺繡、餐飲食、洗碗、執房、洗燙、修理、推車和醫護（對有醫護常識的專業人士）。

七天很容易就過去了，能夠參與成為一份子，真是榮幸，並希望能有機會再去。

若弟兄姊妹也有興趣到此聖地當義工，可直接電郵申請及查詢。電郵網址：hospnd@wanadoo.fr，每年May 至October，這裡都需要大量義工的。

Anna Tam, 西北區信仰小團體



特殊傳教月

為紀念及響應教宗本篤十五世在一百年前頒佈首道傳教宗座牧函，教宗方濟各於2019年10月定為「特殊傳教月」。普世教會以「受洗與派遣向普世傳揚基督的福音」為主題，就是希望把那在我們內心快將熄滅的傳教心火，重燃起來。「冷淡」就像將滅的燈芯、破損的蘆葦，聖神會保存他們不被吹熄和折斷，把「冷淡」的心復甦起來。

教宗方濟各強調洗禮和被派遣是像銀圓的兩面。若果一位基督徒真的被水和聖神所洗滌，被聖言

所感動，接受派遣就自然不過了。我們日常認為福傳只是教會的任務，只是神職人員及修道人士的責任；其實福傳更是每一位教友的使命。期望我們都以「主，我在這裏」的心(依撒意亞 6:8)，用行動去回應教宗的邀請。

教宗方濟各鼓勵我們基督徒要活出愛的信仰。我們的信仰應該走進社會，走向人群，懂得辨認天主臨在我們生活中間。這樣我們就要學習愛主愛人，關懷社會，申張正義。我們基督徒懷著愛心去關懷他們，支持他們，經常為他們祈禱。

當耶穌開始傳教時，祂選擇了十二個人去宣講天國的福音。從被選的十二人中，我們看到天主工程的特徵：耶穌揀選的人都是非常普通的，祂希望派遣這一群很平凡的人去做不平凡的事，那就是因著天主的大能而工作。當天主召叫我們去服務時，我們不要因沒有能力、沒有才能而拒絕，因為祂從起初揀選的就是很普通的一些人。今日我們的教友中，大家同樣有不同的出處，不同的人生閱歷。不過，我們願意迎接基督在我們中間一起生活，我們就像門徒們一樣「與基督在一起」。

所以，當我們領洗成為基督徒時，我們就好像門徒一樣，耶穌派遣我們傳福音的使命。如果我們願意與天主合作，做天主的工具，天主聖神會引領我們去向窮苦人、患病者及沒有信仰的人傳福音。每個基督徒的召叫都不會相同，每人都有不同的神恩，天主在每個人身上都有特定的計劃，在基督內與其他兄弟姊妹合作。天主會賜給我們力量，將天國建立在人間。當天主認為我們適合的時候，我們允許天主在我們身上施行祂的計劃嗎？

福傳口號:

福傳好Easy，千其咪Lazy！

福傳好Easy，永遠唔會遲！

福傳好Easy，進入天國嘅鑰匙！

但是你可能感覺：

福傳唔Easy，但最緊要堅持！



林偉良執事

四十年的感受

時間過得很快，原來我認識你已四十多年了，翻箱倒籠的找出四十一年前你給我的一張邀請咭，是請我參加你從主教胡振中手中領受執事聖職的盛宴，咭上還有你們一同進升執事的弟兄們相片，當時你們還很年輕呢！

一年後，又收到另一張咭，是你和你的弟兄們領受司鐸的邀請咭，咭上的字是爹哋寫給我的。當時我還未結婚，還未信天主，但你從未強迫我去聖堂，亦沒有向我說教，你只是用你的言行來感染我。記得有一次，婆婆去世，彌撒在殯儀館舉行，在守靈之夜，子孫和親友們都誠心為她祈禱，待事情完後，我們便收拾東西離去，但你仍依依不捨的多次回頭看她，看得出你對她的不捨之情。知道你的獻身都是受她影響的，這真的令我很感動，心中覺得好疑惑，婆婆怎麼咁叻，可以讓一個大男孩去信靠天主，甚至獻身於教會，這個理由足以令我去聖堂加入慕道班。婆婆去世後，查看她的遺物，錢也不多，只是幾件並不貴重的物件，她是一個神貧的人，口中常掛著：天主賜我日用糧，就已足夠了。在病危中亦常在心中劃十字。家人告訴我，她生前常說希望我也能加入教會，她是希望我也能分享天主對人的恩澤，但她從未向我說過，正如你一樣，用行動讓我的心來感動。

好喜歡你的邀請咭上的一句話：我要向我的兄弟宣揚祢的聖名。聖詠22:23。其實，你真係好盡心盡力去宣揚主的福音，一刻也不苟且，看見你的聲線長期沙啞，就足以證明了。



你對家人總是那麼關注，有次我好唔開心，但早上還要看醫生，你等我看完醫生，然後再開解我，用你的角度向我解說，當時香港的時間已經夜深，你還是等，開解我後才入睡，我真的好感激你，亦好開心，我與你有著這個關係。

你為家中的每人著想，爸爸離開，喪禮完後，你即刻帶媽媽飛往加拿大，過了幾個月，待她心情平伏，才讓她回來。兩個兄弟已移民加國，到我移民時，為了媽媽不用看著我們的離開而難過，你又陪她一起飛來加拿大，知你非常懼怕搭飛機，因你去北京講學，也寧願搭長時間的火車（當時還沒有高速鐵路呢！）。你就是這樣，寧願犧牲自己，亦為他人著想。

幾時我們聚在一起，飯後我們吱吱喳喳的高聲談笑，你好滿足似的看著我們，儼如一位老父坐著老懷安慰似的，想這是你最輕鬆的時刻了。

你不單對家人好，還對每個人都好。每次香港發生任何大事，你都這麼在意、這麼盡心、這麼難過。在今次的事件中，在你的面書，你寫上保祿的說話：誰跌倒，我不心焦呢？你已做到基督徒的榜樣啦。

在最近完成一個殯葬禮時，在面書你又這樣說：看見你的人，和安眠於愛的人是有福的！上主的話。

每次你都給我們啓示，讓我們在愛德中日漸成長，讓我們知道我們的方向。是你培養我植根於天主，去侍奉天主，希望你將來…

將來在天國裏一起坐席的人是有福的。路14：15

最後，希望你保重身體，不要只顧做，細水長流，長做長有，身體健康才可做得更多，還要做運動呀。主佑！

Catholic Christian Outreach Mission in St. John's, Newfoundland

This past summer, I went to St. John's Newfoundland with the Catholic Christian Outreach Missions team for 2 months from May to June. We mainly worked with the parishioners from the Basilica of St. John the Baptist for the mission of parish renewal. There, we accompanied potential leaders to equip them with tools to evangelize and share their faith. We had over 100 people involved from the parish in activities including the beginner faith study into the Catholic faith, Discovery, and we had the privilege to support new leaders that could continue to journey in faith with the parishioners once the mission was completed.

One of the young leaders that I was accompanying had a very powerful story of a personal encounter with God. She was leading a middle-aged couple that had been going to the Basilica for decades, but had not experienced their faith in a deep way. They did not have a strong understanding of the Catholic faith and had attended both Catholic masses and Anglican services interchangeably over the years. Going through the faith study, the couple grew to become more curious and open to their faith. At the end of the study, they both renewed their baptismal vows and placed Jesus at the center of their lives. There was a night of Eucharistic Adoration and praise and worship, and it also marked the husband's first time going to confession after 30 years! This transformed how they viewed their Catholic faith and understanding the deeper meaning of the faith was a very powerful tool for the renewal of their faith. Instead of going to mass "for the sake of going" or to fulfill an obligation, they truly encountered Jesus in a personal way after this experience and began to explore their faith even more. Instead of



merely going through the motions, they were filled with the desire to lead others to Jesus.

This experience helped me to see how going to confession has helped people be lifted from their sins and burdens, allowing them to grow closer in their relationship with God. I encourage you to embrace this free gift that you are given, to freely choose to invite Jesus to be at the center of your life. Take the opportunity to go to confession, to go to mass attentively, to spend time with Jesus in Eucharistic adoration... Jesus is inviting you!

"If we let Christ into our lives, we lose nothing, nothing, absolutely nothing of what makes life free, beautiful and great. No! Only in this friendship are the doors of life opened wide. Only in this friendship is the great potential of human existence truly revealed... Do not be afraid of Christ! He takes nothing away and he gives you everything. When we give ourselves to him, we receive a hundredfold in return. Yes, open, open wide the doors to Christ—and you will find true life." – Pope Benedict XVI

Aisha Cheung
Young Adult Group member

Desiring for Jesus

Did you know that Jesus desires so much to be in a personal relationship with you?

Jesus is inviting you to draw near to Him and welcoming you with open arms.

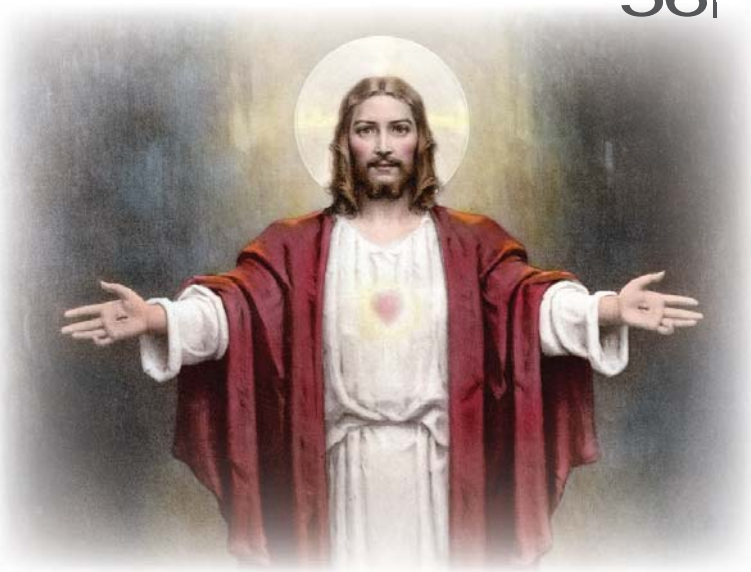
We don't have to be perfect and "tick all the check boxes" to be close to Jesus; it is through Jesus that we become more perfect in His image and likeness. He knows our flaws and our weaknesses just as He knows our strengths and our inner beauty and He loves us for all that we are.

While in university, I was becoming further and further astray from my faith. There was a time where I was chasing after worldly things and became distracted with things such as wearing the nicest clothing, having the coolest hairstyle, trying the newest restaurants, attending the best parties. I didn't have time for Jesus and I thought there would plenty of time to develop my faith once I retired at the ripe old age of 65 years old. God, however, had a different plan in mind. Throughout the years, Jesus pursued me through various friends to encourage me to attend retreats and conferences to get to know Him more. This led to an opportunity to choose to have Jesus at the center of my life. In the same way, no matter where you are in your life right now, I believe that God is also pursuing you as fiercely and lovingly as He did for me!

Don't be afraid to let him in! Over the past couple years, I have been learning some tips and tricks on how to develop a strong spiritual foundation and I would love to share with you.

Becoming closer to Jesus is quite similar to developing a friendship with someone.

Imagine this: you just met a pretty cool person that you want to get to know more. You would



probably want to grab their contact information—their cellphone number, their Instagram, their Snapchat—you name it! Then, you'll start chatting with them every so often.

Similarly, Jesus has already given us a way to talk to Him, and we simply start the chat with the sign of the cross. Look for pockets of time during the day to pray. Perhaps it will be a quick prayer of "Thank you Lord for another day!" when you wake up in the morning. Or, when you come across something that is frustrating, you could say "God, help me get through this!"

When you have become good friends with someone, you tend to want to hang out with them and be in their company. It's the same thing with Jesus! He longs to spend time with you! Once a week, you have set aside time in your busy schedule and made plans with Jesus to hang out on Sunday. He is always excited to see you at His sacred meeting place, the church. He wants to catch up with you and hear about how your life is going. In your day-to-day life, consider starting a prayer journal where you can share your innermost thoughts, worries and feelings with Jesus.

Lastly, when you are getting to know a good friend, you would likely want to get to know their family, their life story, their interests and their hobbies. With technology nowadays, that could include "creeping" their Instagram. Luckily for us, we don't have to search to far to get to know

our friend, Jesus. The Bible has detailed accounts about the Father, Jesus' life, miracles and His family and friends! You can start with reading the New Testament to get to know Him more. I have also found it a blessing to be able to access daily inspirational stories and Scripture devotionals from Blessed is She website (blessedisshenet.net). The devotionals enable us to read scripture and reflect on them. There is a male equivalent devotional website called Catholic Gentleman (catholicgentleman.net).

So, don't be afraid, Jesus is calling you! You just have to let Him in.

"Listen, I am standing at the door, knocking; if you hear my voice and open the door, I will come in to you and eat with you, and you with me." Revelation 3:20

Jenny Lam
Echo Editor, Youth Group Leader, YAG member



Visiting Myeong Dong Cathedral (명동성당) in Seoul

This August, I got the opportunity to travel to Seoul, Korea with my younger brother and some friends. We got to experience the exciting city where K-pop, fashion, cosmetics, and shopping is well known. I have always wanted to travel to Korea and experience the culture and busy city life there. At a very young age, I was exposed to the wonderful world of Korean dramas and it made me want to visit Korea even more because I would imagine meeting my favourite Korean actors and actresses on the streets! Unfortunately, in reality trying to meet a K-pop artist or actor would not really happen. Fortunately, no matter where you travel to, as long as there is Catholic Church present, there is some one you can meet. This person is not hard to find if you desire to search for Him. This special some one is our Lord Jesus Christ!

Each time I travel to a different country or city, I always try to find a catholic church in that area so that I can experience the Mass celebration in a different language and culture. I think that it is amazing no matter where in the World you are, the Catholic Mass celebration is universal. The language may be different, but the parts of Mass remain the same.

Since young, I have always had a great interest in the Korean language and food culture. So being able to travel to Korea for the first time, one of my top priorities was to attend Sunday Mass. Although I have been learning the Korean language for about 2 years now, I have yet to experience Mass in the Korean language. Prior to the trip, I did some research on where to find a church that I can go for Mass. Luckily, the Myeong Dong Cathedral was only 5 minutes away from my hotel! Unlike my struggles in finding the church in Japan a few years ago, Myeong Dong Cathedral was very easy to find, as it was one of the well-known landmarks in the area.



Myeong Dong Cathedral (명동성당 'myeong dong seong dang') was built in 1894, this Cathedral church is very symbolic in the start of the Catholic community in Seoul. The church's style is mainly Gothic and was also the first brick built church in Korea! I attended the 9pm Sunday Mass with my brother that day after our day trip to Nami Island. When you walk up the stairs towards to entrance of the Cathedral, you are greeted with tranquility, unlike the loud k-pop music and tourist shoppers just a few streets down. Since it was already quite late, my brother and I expected the mass to be a quiet and empty one since most people would have attended the earlier masses. To my surprise, there were so many young people at this late Mass!

I think one of the blessings of being able to read Hangeul (Korean writing) is that I was able to sing along with other parishioners their hymns. Although I might not have fully understood the lyrics, I was able to understand some keywords and knew that the hymns were about praising

God our Father. One of the most unique things I noticed about the Mass was during offering; instead of having a basket passed around in the pews, parishioners would line up and bow towards the altar and drop their monetary offerings in big baskets. I thought this was very meaningful, as it almost seem like the parishioners were offering themselves to the Lord at the same time.

Although I was not able to understand the homily fully that day, I was sure of one thing. I felt very peaceful inside. I was halfway around the world away from home. However, I was home. I was at my Father's house. The language barrier did not affect this peace that I had. It was such a blessing to be able to rest in a sacred place after a long day of traveling. Being in the peaceful environment enabled me to take some time during my travels to pray to God. I wanted to thank Him for his unending love and how during my challenging times he did not give up on me.

Visiting Myeong Dong Cathedral was one of the highlights of my trip. It makes me feel so assured that no matter where I was, God's house will never turn me away. I learned this through my travel adventures. If your heart desires to find his Holy Place, God will lead you there no matter what. If any of you have plans to travel in the next few months to a new place, I highly encourage you to look for a Catholic Church and attend a Mass celebration. Though the Mass is presented in a different language and there may be some different cultural traditions mixed into the celebration, you can be sure that the Mass order never changes. More importantly, God's desire for you to be closer to him doesn't change. Trust in the Lord; be open to receive his merciful love. Encounter him in Mass wherever you are. He is there waiting to welcome you to His most beautiful home.

Peggy Yip
Echo Editor, Sunday School Coordinator, YAG member

Our Back to School Spiritual Maintenance Manual

Now every young soul needs care and guidance as per instructions written in the maintenance manual. What maintenance manual? The Gospel of course. Not reading maintenance instructions can wreck a soul. It can die of neglect. Without warning it will break down like a car on a dark highway; its lights go out and it rolls into the ditch.

Count the filters in your automobile. Why are they there? If we threw out the oil filter, the fuel filter, the air filter, what will happen? Our auto will ingest pollutants and cease to function. Also, the soul! A good soul is protected by spiritual filters. Why filters? To keep out toxic substances which pollute our soul. Souls get choked and polluted by the world and its pervasive philosophies. Nowadays these fake philosophies shout louder than the Voice of the holy Gospel.

If our spiritual engines are oiled, clean and in good running condition, our lights will stab the darkness of the world; our vehicle will run smoothly, and we will be on our way to a delightful eternity.



So, what are these maintenance tools, and who gave them? Jesus gave us Baptism. It pressure-washed the Original sin from our soul. However, as years go by more sins accumulate. Next, Jesus gave us a great soul-washing system called Confession or Reconciliation. What does it do? It washes away sin a second time and reboots our spiritual engines. It tows our soul out of the ditch and super charges it against future break downs.

To keep souls mobile for longer periods of time, God gave us a super fuel called the Bread of Heaven—the Heart of Jesus in Holy Communion. If that was not enough, God gave us a special oil in Confirmation—a Fire from Heaven which propels souls like it did at Pentecost. It changes souls from little toys to giant engines powered by God's spiritual energy. Jesus also sanctified Marriage in order to generate souls to populate Heaven. And lastly, God gave souls a final anointing to make them shine brightly heading out to the eternal planet, called Heaven.

A soul in love with God is a mirror reflecting its Creator. God loves his creatures and wants them home with Him to receive a love they never knew before. His maintenance manual is not difficult. It teaches us to wash, groom and oil our souls with the Sacraments of Jesus, so our lamps are burning brightly when the Bridegroom comes to meet us. (Matt 25: 1-13).

Patrick Owens - Rosary Volunteer

「愈謙愈愛」讀後感(一)

今天想介紹大家認識安貧小姊妹 (Little Sisters of the Poor) 的會祖余剛貞修女 (St. Jeanne Jugan)。她於1792年10月25日在法國西北部不列顛省，康家鎮的十字村出生。父親很早便去世，母親只好靠著替別人洗衣服來維持一家的生活。剛貞修女從母親的身上，除了學會了做家庭和放牛等工作外，還學會如何祈禱。她亦在聖若望歐德神父創立的第三會裡學習要理和閱讀，加深了她的信仰，亦使她與第三會結下了不解之緣。

剛貞修女15歲便出外當廚工。主人叔艾子爵夫人很喜愛她，所以除了幫助廚房的工作外，她亦可以幫助濟困扶危、探望不幸家庭和孤獨老人的工作。「從中她學會了共享、敬重和如何不使受助的人有難堪的感覺。」1816年剛貞修女參加了一個佈道大會後，她決定放棄婚姻生活，獻身事主。有一日，她向母親說：「天主保留我，為了作一項未知的工程，一種尚未創辦的事業。」



剛貞修女雖然並未肯定天主要她做什麼工作，不過在1817年即她25歲那年，她離開家人和自己熟悉的出生地，獨個兒往聖瑟味城去，因為在那裡滿街都是正在等待救濟的窮人的。她先在醫院裡當護士工作，經過6年的辛勞，她選擇在第三會會員的樂高女士家中當女傭。她們一起生活了12年，期間一起祈禱、探訪病人和教導孩子學習要理。樂高女士去世後，剛貞修女與歐伯爾方濟（又名芳松）成了好朋友，並一齊租了一層樓居住，芳松在家紡紗，剛貞修女出外工作以賺取生活費，她們也是過著一起祈禱的生活。不久，17歲的崔丹妮亦加入了她們的祈禱和有規律的生活。

1839年，剛貞修女得到芳松和崔丹妮的同意，將一位失明而又癱瘓的獨居老婆婆接到家中居住，更把自己的床讓給老婆婆。透過崔丹妮和她的朋友瑪利湛梅的介紹，剛貞修女認識了聖瑟味城的青年副本堂巴葉神父，他願意幫助這個小團體。1840年在巴葉神父的領導下，成立了一個善會，這就是安貧小姊妹的雛形。

她們需然沒有金錢，但為了收留更多有需要的人，她們買下了附近一座舊修道院。1842年10月，她們遷入了十字院。同年5月小團體為了將來的發展，與巴葉神父舉行了一次會議，擬定了一些規章後，正式取名為「窮人的婢女」（Servants of the Poor），剛貞修女被推舉成為這個小團體的會長。

有一天，從前以行乞過活而現在居住在十字院的老婆婆跟剛貞修女說：「你代替我們，為我們去乞討吧。」從那時開始，出外募捐便成了剛貞修女生命中重要的工作。對於自尊心很強的剛貞修女來說，要提著籃子，到處行乞真是一件很困難的事；但她願意為了天主、為了她深愛的窮人放下自己去做這事。在出外勸人募捐的時候，經常遇上一些不客氣的人對她打罵，但她仍能保持和顏悅色，從不發怒或放棄。這個小團體並沒有固定的收入，但要收容的老人家越來越多，就憑著剛貞修女不停地的勸捐，小團體得到一步一步的發展，每當遇上困難和考驗時，她總是信靠天主，並且會鼓勵同伴。

「放下」與「跟隨」是成為主耶穌基督門徒的必要條件。剛貞修女甘願離開自己出生、成長的地方和自己最愛的家人、親友，無論遇上任何磨難，受到任何委屈，她仍然堅信天主的慈愛與大能。為了愛天主和天主所愛的人，她放下尊嚴，就算受到很多人的侮辱、拒絕，她仍然繼續去完成天主交給她的工作。她空虛自己，完完全全的把一切交託在主的手中，只是跟隨天主的計劃去行事。剛貞修女，妳絕對是主耶穌基督喜愛的門徒。

Josephine Li (Echo Editor)

編者的話

暑假結束，又要開始新一輪的工作！
十月的「迴聲」又出版了，編輯們都十分感謝教友們的支持和鼓勵！
「迴聲」是教友藉著文字作堂區活動後記，或慷慨分享生活上的信仰體驗，
是大家相互溝通及交流的園地，
我們非常需要大家繼續投稿及祈禱，使「迴聲」不斷進步及延續。

Editor's Note

Summer's over and it's time to kick-start a new season of growth and excitement!
October Echo is here! All editors are grateful for the continuous support and
encouragement from our parishioners!
We plead for your support in submitting articles,
which can reflect activities of the parish, your spiritual journey or witness of faith.
Let's grow together in God's love and faith!

Editors: Anne Lam, Emily Chan, Jenny Lam, Josephine Li, Peggy Yip, Winnie Lau, Jane Leung

